

Food for the weekend

No cook night

COMFORT SUPPER

Need to wind down with some comforting food after a long, hard week? These warming dishes from The Co-operative will hit the spot, so enjoy.



1 SUPER SOUP
Truly Irresistible Butternut Squash and Sage Soup, £2.20, 600g. A smooth, creamy soup with a hint of chilli. Swirl in cream for extra indulgence.

2 MEATY MAIN
Eat In... Lamb Joint with Rosemary,

500g, £6.79 Enjoy thick slices of tender melt-in-the-mouth lamb. (So much quicker than roasting it yourself.)



3 POSH POTATOES

Eat In... Parmentier Potatoes, £1.60, 360g
 Dig into large helpings of these cubed garlicky, herby potatoes. Low in fat but big on taste so you can pile your plate high!



4 CHOCOLATE HEAVEN
Truly Irresistible Chocolate Melting Middle Puddings, £2.65 for 2 These puds really

live up to their name! They're the perfect end to this meal.



It's wine o'clock



TIPPLE TIME

Pick up two great wine deals from Sainsbury's. Enjoy **Stoneberg Chenin Blanc Sauvignon Blanc** with seafood or salads. Fancy red? **Stoneberg Pinotage Shiraz** is a good match with cold meats, cheeses and tapas. **Both were £8.99, now £4.49**, Sainsbury's.

Food Editor's tip



UPDATED CLASSIC!

Live up a Victoria Sandwich by adding 1 tsp of cinnamon to the sponge. Save calories on the filling by using Wild Blueberry Spread, Sainsbury's, £1.79 and 0% fat Greek yogurt.

Everyone's talking about

Vietnamese

Bursting with fresh veg and a minimal use of oil, Vietnamese food is one of the healthiest cuisines. It always includes a combination of five basic flavours - spicy, sour, bitter, salt and sweet. Ingredients include fish sauce, shrimp paste and soy sauce. Then lemongrass, ginger, mint, coriander, chilli, lime and basil all add fragrance. New into Waitrose are Viet Food Kits, an easy way to prepare Pho (noodle soup), £2.69 and Spring Rolls, £1.55. We love 'em!



Make your own Vietnamese spring rolls